MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

Healthy Bites

Information To Improve the Selection and Use Of Foods In Your Home

Volume XXII

Kids and Exercise

When most adults think about exercise, they imagine working out in the gym on a treadmill or lifting weights. But for children, exercise means playing and being physically active. Kids exercise when they have gym class at school, soccer practice or dance class. They're also exercising when they're at recess, riding bikes or playing tag. Everyone can benefit from regular exercise. A child who is active will:

- Have stronger muscles and bones.
- Have a leaner body because exercise helps control body fat.
- Be less likely to become overweight.
- Decrease the risk of developing Type 2 Diabetes.
- Possibly lower blood pressure and blood cholesterol levels.
- Have a better outlook on life.

In addition to the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle the physical and emotional challenges that a typical day presents—be that running to catch a bus, bending down to tie a shoe or studying for a test.

How Much Exercise is Enough?

Parents need to ensure that their children are getting enough exercise. So, how much is enough? According to the 2005 dietary guidelines from the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS), **all** children two years and older should get 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week. In addition to providing more practical advice on how to give your child a healthy, balanced diet, the new dietary guidelines also suggest that kids eat more fruits, vegetables and whole grains than in the past. Check out the guidelines at **Mypyramid.gov.**

Combining regular physical activity with a healthy diet is the key to a healthy lifestyle. By understanding the importance of being physically active, you can instill fun and healthy habits that will last a lifetime.

Source: USDA

Word Wise

Regular Exercise

U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS), recommends all children 2 years and older should get 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week.

Source: USDA

Curry Vegetable Dip

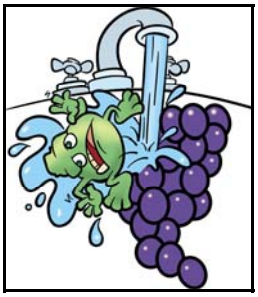
Dress up vegetables in a low-fat way

- 8-ounce carton plain, low fat yogurt
- 1/4 cup carrots, shredded
- 2 teaspoons green onion, minced
- 1 tablespoon mayonnaise-type salad dressing
- 1 teaspoon sugar
- 1/4 teaspoon curry powder
- Dash pepper

Mix ingredients in a bowl. Chill. Serve with crisp raw vegetable pieces, such as celery, carrot, or summer squash sticks. Servings: 16 tablespoons, calories 15, total fat 1 gram.

Source: USDA

As Food and Nutrition Extension Educator I welcome your thoughts and ideas for upcoming issues of *Healthy Bites*.
Contact me at 586-469-6432 or haramin2@msu.edu. Thank you. —Eileen Haraminac



Five-A-Day Tips Washing Fruits and Vegetables

We know that eating a variety of fruits and vegetables is an excellent way to get essential vitamins and minerals, fiber and other substances that are important for good health. But what are the best ways to handle fresh fruits and vegetables before eating them?

Things to Remember When Preparing Fruits and Vegetables

1. Wash fruits and vegetables only before eating. If you wash the item before storage, it will spoil more quickly.
2. The best way to wash the fruit or vegetable thoroughly is by gently rubbing the produce item under clean running tap water.
3. If the fruit or vegetable is firm enough (like potatoes and squashes) and the skin will be eaten, then a scrub brush should be used to clean the surface.
4. All fruits and vegetables should be washed even when the skin and rind are not eaten, such as oranges and melons.
5. Take off the outer leaves of leafy vegetables such as lettuce and cabbage before washing. Rinse leaves individually under running tap water and place in a salad spinner to dry.
6. Cut out any bruised areas of the produce because bacteria may grow and cause illness if consumed.
7. Keep raw meats separate from fresh fruits and vegetables. Use different cutting boards, knives and utensils when preparing meals.
8. Always wash cutting boards, knives, utensils and your hands after handling raw meats and before handling fresh fruits and vegetables.

Be sure to keep your refrigerator clean and cold. Wrap or cover any fruits or vegetables that you have cut and store them above raw meats.

Source: About Produce from Produce for Better Health http://www.aboutproduce.com/faq/clean.html

Check the Label

Save the nutrition labels from different foods and drinks you consume. Look at each label to see how much calcium each food has. Try to figure out what else you could eat or drink to get more calcium.

Source: USDA

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 260	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Cholesterol 30mg	**10%**
Sodium 660mg	**28%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Calcium	15%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

For more information or questions regarding food and nutrition, contact us!

MSU Extension - Food and Nutrition
21885 Dunham Road, Suite 12
Clinton Township, Michigan 48036
Phone: 586-469-6432

Check our Web site:
macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

Want to be on our mailing list? Please call!
Note: Healthy Bites may be reproduced and distributed, however, please copy with logos and resources intact. Also, please let us know the number distributed for our tally.

Copy cats permitted!